

NORTH CAROLINA CARDIOPULMONARY REHABILITATION ASSOCIATION

*Standards for Quality Cardiopulmonary Rehabilitation Programs Statewide*



41 ST ANNUAL

**NORTH CAROLINA  
CARDIOPULMONARY  
REHABILITATION SYMPOSIUM**

*Moving Forward Together In  
Cardiac, Pulmonary and Vascular  
Rehabilitation*

*March 26-27, 2020*

*William & Ida Friday Center  
100 Friday Center Drive  
Chapel Hill, North Carolina*



## 2020 NCCRA Symposium Agenda

### Thursday, March 26, 2020

- 5:30-6:00pm**      **Registration** *Atrium Center*
- 6:00-7:00**      **Fundamentals of PAD Rehab: “The Journey of a Thousand Miles begins with a Single Step-Tao”**  
*Carl King, EdD, MAACVPR* *Trillium A Room*
- 7:00-8:00**      **A Sample Psychosocial Program**  
*Latasha Ellis, MS, LCSW, OSW-C, RYT* *Trillium A Room*
- 8:00-8:45**      **Home-Based Cardiac Rehabilitation-What Is It and How Does It Work?**  
*Barbra Fagan, MS, MAACVPR* *Trillium A Room*

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### Friday, March 27, 2020

- 7:00-8:00am**      **Registration, Breakfast, and Exhibits**  
*Breakfast sponsored by Scottcare and Chanl Health* *Atrium Center*
- 8:00-8:15**      **Welcome—Candace Langston NCCRA President**
- 8:15-9:00**      **Marlene Sigler Memorial Lecture**  
**Re-evaluation, Rehabilitation, & Resiliency:  
An Alpha-1/COPD Adventure**  
*Len Geiger, BS* *Grumman*
- 9:00-9:15**      **Break and Vendor Displays** *Atrium Center*
- 9:15-10:00**      **Cardiopulmonary Rehabilitation Quality & Sustainability: What’s the Value of our Program?**  
*Karen A. Edwards, MS, RCEP, RRT, FAACVPR* *Grumman*
- 10:00-10:15**      **Break and Vendor Displays** *Atrium Center*
- 10:15-11:15**      **The Heart-Brain Connection**  
*Kari Kirian, Ph.D.* *Grumman*
- 11:15-12:30**      **Lunch and NCCRA Update**  
*Lunch Sponsored by LSI* *Trillium A Room*

# 2020 NCCRA Symposium Agenda-cont.

**Friday, March 27, 2020**

<b>12:35-1:25pm</b>	<b>Discipline Meetings</b>	
	<b>Nursing</b>	Lisa Warren, MSN, RN Chair <i>Grumman</i>
	<b>Exercise</b>	Angela Lanier, MS, RCEP Chair <i>Willow Lounge</i>
	<b>Nutrition</b>	Judy Hinderliter, RDN Chair <i>Azalea</i>
	<b>Psychosocial</b>	Sandra Freeman, MD Chair <i>Mtn. Laurel</i>
	<b>Pulmonary</b>	Connie Paladenech, RRT Chair <i>Bellflower</i>

## ***Breakout Sessions***

<b>1:30-2:30</b>	<b>Physiologic Concepts of the Cardiopulmonary Exercise Test</b> <i>( 2 hr lecture with break)</i>	
	<i>Jeffrey T. Soukup, Ph.D ACSM-CEP</i>	<i>Grumman</i>
	<i>Brian Coyne, M.Ed., ACSM-RCEP, ACSM-CIFT</i>	

<b>1:30-2:30</b>	<b>Fad Diets and Health: Helping Our Patients Understand the Benefits and Risks</b>	
	<i>Erin Osetek, MS, RD, LDN</i>	<i>Willow Lounge</i>

**2:30-2:45 Break and Vendor Displays**

## ***Breakout Sessions***

<b>2:45-3:45</b>	<b>Physiologic Concepts of the Cardiopulmonary Exercise Test</b> <i>( 2 hr lecture cont'd)</i>	
	<i>Jeff Soukup, Ph.D ACSM-CEP</i>	<i>Grumman</i>
	<i>Brian Coyne, M.Ed., ACSM-RCEP, ACSM-CIFT</i>	

<b>2:45-3:45</b>	<b>AACVPR Guidelines for Pulmonary Rehabilitation 2020: What's New?</b>	
	<i>Rebecca Crouch, PT, DPT, MS, CCS, MAACVPR</i>	<i>Willow Lounge</i>

**3:45-3:55 Break and Vendor Displays**

<b>3:55-4:55</b>	<b>Moving Forward Together.....Strategies for Success in the Next Decade</b>	
	<i>Ash Walker, DHSc., MA, ACSM-RCEP, FAACVPR</i>	<i>Grumman</i>

**4:55-5:00 Closing Remarks –**

**Jennifer Simmons 2020 NCCRA President**

### ***Directions to the Friday Center***

The Friday Center is located at 100 Friday Center Drive, Chapel Hill, NC 27517, approximately three miles east of the UNC-Chapel Hill campus, just off Highway 54 East (Raleigh Road). The Center is a short distance from Interstate 40 (from Raleigh, I-40 exit 273A; from Greensboro, I-40 exit 273).

### ***From Winston-Salem, Greensboro, and points West:***

Take I-40 East to Exit 273 (Hwy 54 West/Chapel Hill). Turn right at top of ramp. Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

### ***From Charlotte:***

Take I-85 North to Greensboro (I-85 and I-40 intersect in Greensboro) and follow the directions from Greensboro above.

### ***From Raleigh:***

Take I-40 to Exit 273A (Hwy 54 West/Chapel Hill). Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

### ***From points south of Chapel Hill, arriving on Hwy 15-501 North:***

Take the 15-501/54 East bypass as you approach Chapel Hill. Take the Hwy 54 East exit (approximately two miles) toward Raleigh. Proceed to the fifth stoplight, turn right onto Friday Center Drive, and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

## ***Hotel Accommodations***

***Courtyard by Marriott Chapel Hill*** (located next to Friday Center) [www.marriott.com/RDUCH](http://www.marriott.com/RDUCH)  
100 Marriott Way, Chapel Hill, NC 1-919-883-0700 or 1-800-321-2211

**Room rates** \$137.00 for 2 queens or 1 king \*\*NCCRA Symposium 2020 rate is first come, first serve\*\*

***Aloft Chapel Hill*** [www.aloftchapelhill.com](http://www.aloftchapelhill.com)  
1001 Hamilton Rd, Chapel Hill, NC 1-919-932-7772

**Room Rates:** \$134.00 for 2 queens or 1 king \*\*NCCRA Symposium 2020 rate is first come, first serve\*\*

### **Registration: Please register online (under Membership Registration ) at [nccraonline.org](http://nccraonline.org)**

Symposium Cost: \$190.00 (includes yearly membership)

Payment: When you register online, you will have the option to pay online with Paypal, or indicate that you will pay by check. Your check (payable to NCCRA) can be mailed to:

#### **NCCRA**

PO Box 6054

Hickory, NC 28603

Payment (cash or check) can be received at the registration table at the Symposium.

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The Friday Center requires all vehicles to display a parking pass on the dash. Please print this pass and place it on the dash of your car in the Friday Center parking lot.

**Please Note:** Copies of this pass will NOT be available at registration!

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**VISITING** NCCRA

**EXPIRES** Fri Mar 27 5:30pm



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UNC Friday Center  
100 Friday Center Drive  
Chapel Hill, NC 27599



**AARC Contact Hours:** Application has been made to the American Association for Respiratory Care for continuing education contact hours.

**AND:** Application has been made to the Academy of Nutrition and Dietetic for the award of continuing education hours.

**CEU:** AACVPR has approved this continuing educational activity for up to 8.25 hours of continuing education credit.

### CANCELLATION POLICY

*Participants who are registered and cancel in writing (fax, mail, or email) between 2 weeks and up to 48 hours prior to the program will receive a 70% refund. No refund will be given if less than 48 hours. Substitutions are welcomed.*

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